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has been the source of good health to many thousands of people in all parts of the world. Their testimonials come in by every post. They all assert the great fact—Ayer's Sarsaparilla cured me. Weak, weary women, men who had been tired out and discouraged,—all write gratefully of the good it has done them.

There is a lesson for you in this. Why not heed it? Begin at once to take Ayer's Sarsaparilla.

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There are many imitation Sarsaparillas.

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HOUSEKEEPING IS ALL WRONG

Mrs. Richards Says That Modern Methods Leave Much to Be Desired.

That the general principles of modern housekeeping are all wrong is the contention of Mrs. Ellen H. Richards of the Massachusetts Institute of Technology.

The remedy she suggests is a scientific training which shall leave each high school graduate competent to keep house, not in an old-fashioned way, but rather in the new scientific way.

"Easier to Move."

"The century-long struggle for personal freedom has invaded the home," says Mrs. Richards. "The father feels no care for the child beyond paying the bills. The mother's responsibility ends with food and clothes. Education is left to the school and manners to the street. In the rented house there is little sense of procession; frequent movements render clothes more important than furniture, and cause books and pictures to be looked upon as troublesome. It is easier to move than to clean house. The result is social ferment and discontent and family discord."

"Housekeeping has become a burden and not a delight; every dollar spent on home is grudged; the responsibilities of keeping up a separate family abode are more and more irksome and are readily thrown off; the time and money so saved are frequently spent in communal pleasure rather than in individual development. This is a serious phase in American social life and deserves the attention of all thoughtful persons, especially since it is doubtful if 'health and peace' are increased by the so-called improvements."

"The only practicable remedy yet proposed is education in true standards of living, in what constitutes better homes, more comfortable conditions, and in a clearer perception of those tendencies toward mere imitation and luxury, which lead to degeneration of mind and body."

Relief That Is Harmful.

"Relief from daily drudgery will render the life of many a woman more tolerable, but when it only results in idleness, dissatisfaction and a mania for shopping and the bargain counter, such relief is not in the line of higher standards of living, but is in the nature of luxury, which undermines the health of the body politic, and leads to sure decay."

"One of the surest indications of the tendencies of the times is shown in the marketing for the average family. Twelve years ago we never thought of buying cream for coffee and cereals. We used the top of the milk. Now cream is considered a necessity. Twelve years ago we did not buy steaks and chops and roast the way we do now. We had nourishing soups and stews. Today people say that stews are not digestible, and that meat roasted twice has no nourishment in it. This is a fallacy. Stews are quite as nourishing, although digested a little more slowly, and meat cooked twice has all the elements of nutriment which it had the first time. Hot-house vegetables are another essential nowadays, and yet we wonder why the cost of living has advanced so."

"It has advanced somewhat, but we have advanced it still more by degenerating tendencies toward luxury—unnecessary luxuries."

Too Much Spent for Rent.

"Nowadays it is necessary for a young couple to have an income of \$1500 before they can marry. Many do marry on less, but they run risks, because sickness is one item which cannot be reckoned upon. The couple that marries on an income of \$1500 has to do some close reckoning, too."

"One unwise tendency is the one to take a house or an apartment in a fashionable district for fear that the wrong sort of calling list would follow an unpopular vicinity. Too much money is spent for rent, and that means trouble in other directions."

"The ideal philanthropy would be for a few capitalists to put up lots of model houses or apartments and rent them at reasonable prices to young people who cannot pay big rents, taking care to keep them occupied by nice people. Similar schemes have been carried out successfully in and about New York."

"Another important item is the dress question. It is possible for a woman to dress more cheaply than a man, although few of them do it. Too much money is spent on clothes, especially on neckwear. We are gradually coming to a more or less uniform style of dress such as men wear. The two-piece costume of coat and skirt that women have been wearing for the past few years evinces this. We should evolve a moderate and becoming style and then stick to it."

"These extreme fashions are usually unbecoming, and they change so frequently that it is necessary to have quantities of dresses to keep up to the fashions. A woman ought to be able to wear a suit for fifteen years with very few alterations."

Lessons by Practical Examples.

"Care must be taken in picking out the materials, of course. Too little is known about judging good materials. Textile art is to be taught in all of the high schools soon, along with a domestic science and domestic art. These girls will be properly equipped to go out into the world capable of conserving energy and money."

"There will be a bureau in each of these schools which will show textures which are durable and those which are not. Practical examples will teach the lessons."

"I have a skirt which I have had at least ten years. The material is as soft and firm now as ever, although the

YOU may have an idea that our store and our clothes are not very different from other stores and other clothes; that it doesn't make



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Editor—I hear you referred to nowadays, too often, as a "cheap humorist." Humorist—Thank you, sir.
Editor—Why thank me?
Humorist—I supposed you were about to make my salary such that the taunt would be no longer just.—Cleveland Leader.

Wheeler—Why, Miss Snopper, how costumes alter people. I hardly knew you.
Miss Snopper—Do I look such a fright, then?
Wheeler—On the contrary, you look most charming.—Illustrated Bits.

Tommy—Pop, what is meant by the mother tongue? Tommy's Pop—Sh-h-h, my boy! Don't get her started.—Philadelphia Record.

Blobbs—In France I understand they eat horse meat. Slobbs—Yes, but they generally begin the meal with a pony.—Philadelphia Record.

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